## **How to use your (FMNP) Food Instruments**

- Use your food instruments only at approved farmers' markets.
- Look for farmers with signs that say "We accept WIC FMNP food instruments".
- Remember: Grocery stores and other produce stands do not accept the FMNP food instruments.
- Do not use your WIC Fruit **Program** and **Vegetable Food Instrument** at Farmers' Markets.
- Each FMNP food instrument is worth a certain dollar amount. Ask the farmer to help you find fruits and vegetables to use up entire food instrument. The farmer cannot give vou change.
- Use the **FMNP** food instrument to purchase fresh fruits and vegetables. Only the eligible foods can purchased with FMNP food instruments.
- Processed products including: jams, jellies, breads, meats, eggs, cheese, honey, nuts and flowers, cannot be purchased with your FMNP food instrument.
- Use **FMNP** your instrument between June 1 and October 30.
- Take care of your FMNP food destroyed.

## **Eligible Foods**



Beets

Broccoli

Carrots



Blackberries

Brussels

sprouts

Cauliflower







Cherries

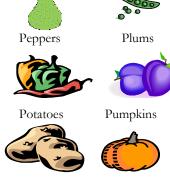
Edamame

Soybeans

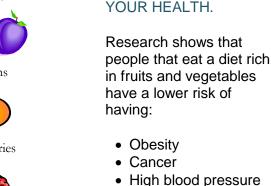








Pears



Stroke

Diabetes

Heart disease

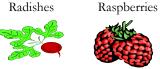
**Why Fruits** 

**FRUITS AND** 

**VEGETABLES** 

and Vegetables?

FIGHT TO PROTECT





Peas



















Eating more servings of fruits and vegetables every day is one of the easiest things you can do for your health!

Sweet Corn

Eggplant





Cucumbers







Lettuce



Watermelons

Summer squash

Rhubarb















In accordance with Federal law and Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

> This Program is an equal opportunity provider and employer.





Melons



Okra















Plus the following cooking herbs: basil, chives, cilantro, oregano, thyme, sage, parsley and garlic.

instruments. They cannot be replaced if lost, stolen or

## Salt Fruits & Remitter





**WIC is an Equal Opportunity Program** 

## Kentucky WIC Farmers' Market Nutrition Program

